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Too much TV may mean earlier death

<http://www.cnn.com/2010/HEALTH/01/11/television.tv.death/index.html?iref=allsearch>

January 11th, 2010

Article #1

Everyone watches TV everyday, but the question is how long do you watch it for? Do you get up during commercial breaks? What types of foods do you eat while watching TV? These are all good questions to ask yourself and see if you are at risk. Studies show that watching too much TV may cause a risk of an earlier death. Sitting, watching TV for long periods of time without getting up can lead to heart disease, which can lead to early death. Avoid watching TV for long periods of time. During commercials get up and move around.

I think that watching too much TV is bad for you. If you watch too much TV I would think that you are lazy. If you watch 4 or more hours of TV a day I think that you need to get involved in a sport or physical activity. I learned that it’s not good to sit around and do nothing. That if you do nothing all day that you could die earlier. I don’t want to die early.

How many hours of TV are ok to watch? What is an amount of hours where you start risking early death?

I think this article will help my group because technology is a big part in this article. This article connects technology with humanity and human health. I think this article could be useful for my group.